

Summer

FITNESS 2006

Cambridge Recreation



• Swimming Lessons • Aqua Aerobics • Master Swimming • Athletics • Tennis •



At the War Memorial • 1640 Cambridge Street • Cambridge, MA • 617. 349. 6237

Important Information, Please Read

SWIM LESSON CHANGES

The American Red Cross introduced a new Learn to Swim program last year. Cambridge Recreation has changed to the new program. Please read the new class descriptions carefully as your child may need to move back a level in order to learn new skills that have been introduced into former levels. It is important that your child learns the correct skills for the new levels so they can move forward. Thanks for your cooperation during the transition. The exit skills required are listed at the end of each level description.

THE CAMBRIDGE SEA DAWGS



Summer has not yet begun but start thinking fall and sharpen up those swimming skills because The Cambridge Sea Dawgs want you. The team has wrapped up its first season as a competitive team representing the City of Cambridge in the Winter suburban League. They swam against Walpole, Canton, Holbrook, Norwood, and Sharon. A great effort was put forth by the team and many swimmers did extremely well but Cambridge was often out numbered by the other teams, so this season we are looking to increase the size of the team. If you enjoy swimming, this is the program for you! More information will be available in the fall brochure. If you have any questions please call 617 349-6237

REFUND POLICY

A full refund will be given under the following circumstances: class is cancelled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no room for you.

You may be given a refund for other circumstances but there will be a \$25.00 administrative fee charged for each refund you request and it will take four to six weeks to process. Please make sure that you are able to participate before you register.



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Summer Hours

Desk opens at 12:30pm Monday-Friday June 26 and August 18

Facility door closes at 8:30 p.m, all patrons must be out by 9:15pm

The front door is locked 45 minutes before the facility closes.

Dates Closed

May 26-29 Memorial Day weekend

June 8 Graduation Day

July 3 and 4, Independence Day

August 19-September 10

The facility will reopen September 11th.

The Cambridge Recreation Department telephone number is 617 349-6279.

Staff members are available at this number during regular operating hours to answer questions. When the facility is closed there is a recorded message.

Web site

www.CambridgeMA.GOV/DHSP2



Gold Star Pool

Welcome to the Gold Star Mothers Pool

The Gold Star Mothers pool is the only public outdoor pool owned by the City Of Cambridge. It is located on the corner of Cambridge and Berkshire St. behind the King Open School. This summer we have a totally renovated bathhouse and new roof as well as artwork on the building and plantings in front. The facility is handicapped accessible so that everyone can enjoy it. There is a new spray pad on the deck for the use of young children as well as some shaded space so the participants will have a respite from the sun. Please come and spend the summer enjoying a great Cambridge facility.

Gold Star Pool

Opens June 26,
Closes August 25
Pool admission fee is
75¢ per person.

Children's Swimming

At the War Memorial

The American Red Cross has launched a new swim program which is being introduced by the Recreation Department. Class descriptions have changed and Level VII has been eliminated. Your child may be required to move back a level if they are missing any of the listed skills. The skills listed for each level are directly from Red Cross materials. Level III and IV have become more demanding. Please do not expect your child to move to the next level in one session. This is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process, so please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter. Parents are required to sit in the balcony during lessons.

Registration Begins

May 1

Classes meet Monday-Friday.

Session I	8 classes June 26 - July 7 (no class July 3 or 4)
Session II	10 classes July 10 - July 21
Session III	10 classes July 24 - August 4
Session IV	10 classes August 7 - August 18

CS101 Toddler/ Preschool

4:45 - 5:15 p.m.

CS102 Level I & II

2:30 - 3:00 p.m.

Session I

\$55 Resident / \$60 Non-Resident

Session II, III, IV

\$60 Resident / \$65 Non-Resident

CS103 Level III

3:00 - 3:45 p.m.

CS104 Level IV

3:45 - 4:30 p.m.

CS105 Level V, VI

3:45 - 4:30 p.m.

Session I

\$60 Resident / \$65 Non-Resident

Session II, III, IV

\$65 Resident / \$70 Non-Resident

Gold Star Pool Rules

For safety reasons, swimmyies, tubes, and other floatation devices are not allowed in the pool at any time.

Children who are not toilet trained must wear a swim diaper.

Children 5 and under must be accompanied by an adult 18 or older to the pool and in the water.

Food, glass bottles, gum chewing, alcohol, or smoking are not allowed inside the pool area for the health and safety of the patrons.

Pool checks will be at the discretion of the management staff.

No running, pushing, ducking, ball playing, or other inappropriate behavior is allowed.

Everyone entering the facility is required to pay the admission fee.

Children are to be changed in the lockerroom in order to prevent contamination of the deck or pool water.

Everyone must shower prior to pool use, no exceptions.

No diving into the shallow end or from the corners of the pool. No spitting on the deck.

Patrons are not allowed in the lifeguard chairs or to jump from them. Patrons with eye or other obvious infections, open wounds, impetigo, ring worm, or other communicable disease will not be allowed into the facility. Band-Aids cannot be worn in the pool.

Patrons are not allowed in the office or first aid area unless receiving treatment.

Thank you for your cooperation in making your visit healthy and safe.

Children's Swimming

Toddler

Ages: 18 months - 3 years
Parents are required to participate.
Children not toilet trained must wear a diaper and rubber pants or a swim diaper.

Preschool

Ages: 4 - 5 years (not in Kindergarten)
Parents are required to participate.
Children not toilet trained must wear a swim diaper.

Level I: Water Exploration

Ages: 5 - 11 years
Purpose: Helps students feel comfortable in the water.

Level I participants learn to:

- Enter and Exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a life jacket
- Follow basic water safety

Exit skills

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim").
2. Float on front with support for 3 seconds, roll to back (with assistance) float on back with support for 3 seconds.

Level II: Primary Skills

Ages: 5 - 11 years
Purpose: Gives students success with fundamental skills.

Level II participants learn to:

- Exit water using ladder or side
- Tread Water
- Glide on front and back
- Float on front and back
- Explore swimming on side
- Roll over from front to back, back to front
- Enter water by stepping or jumping from the side
- Open eyes underwater, submerge head to retrieve object
- Swim on front and back using combined strokes
- Move in water while wearing life jacket
- Perform rhythmic breathing

Exit skills

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level III: Stroke Readiness

Ages: 5 - 11 years
Purpose: Builds on the skills in Level II through additional guided practice.
Level III participants learn to:

- Jump into deep water from the side
- Perform rotary breathing
- Perform butterfly kick and body motion
- Change from vertical to horizontal position on front and back
- Dive from sitting or kneeling position
- Survival float
- Perform HELP and huddle positions
- Submerge fully and retrieve objects
- Swim front crawl
- Perform reaching assists
- Bob with head fully submerged
- Swim back crawl
- Use Check-Call-Care in an emergency

Exit skills

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

"Cambridge Recreation helps me connect with my family and my community."

Barbara Clark



Children's Swimming

Level IV: Stroke Development

Ages: 5 - 14 years

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

In addition to improving the front crawl and back crawl, Level IV participants learn to:

- Dive from compact or stride position
- Swim breaststroke
- Tread water using sculling arm motions and kick
- Swim underwater
- Swim elementary backstroke
- Use safe diving rules
- Perform throwing assists
- Perform feet-first surface dive
- Swim on side using scissors kick
- Care for conscious choking victim
- Coordinate butterfly
- Perform open turns on front and back
- Perform compact jump into water from height wearing a life jacket

Exit skills

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level V: Stroke Refinement

Ages: 5 - 14 years

Purpose: Provides further coordination and refinement of the following strokes:

- Front crawl
- Back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Sidestroke

Level V participants also learn to perform:

- Shallow dive and begin swimming
- Front flip turn
- Treading water with two different kicks
- Backstroke flip turn
- Survival swimming
- Rescue breathing
- Tuck and pike surface dives

Exit skills

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level VI: Skill Proficiency

Ages: 5 - 14 years

Purpose: Refines all six strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level VI is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses, or other aquatic activities, such as competitive swimming or diving. The options include:

- Personal water safety
- Lifeguard readiness
- Fundamentals of diving
- Fitness Swimmer

Exit skills

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards.

Registration Begins

May 1



Adult Swimming

AS101 Level I

Water Exploration

Have you ever been in water over your head? Is the only water where you feel comfortable in the bathtub? If so, and you cannot swim, this level is for you.

Thursday, 5:45-6:30 p.m.

June 29 – August 17

8 weeks

\$55 Residents

\$60 Non-Residents

AS102 Level II

Primary Skills

Can you move your arms and legs? Have you ever been taught anything about swimming? If you are ready to consider the front crawl and back crawl, this level is for you.

Thursday, 5:45-6:30 p.m.

June 29 – August 17

8 weeks

\$55 Residents

\$60 Non-Residents



AS103 Level III

Stroke Readiness

If you can swim the length of the small pool, and are ready to swim the length of the lap pool, this is your level.

Thursday, 6:30-7:15 p.m.

June 29 – August 17

8 weeks

\$55 Residents

\$60 Non-Residents

AS104 Level IV

Stroke Development

If you can swim at least one length of the lap pool, and you are ready to learn the breast stroke and the side stroke, then this level is for you.

Thursday, 7:30-8:15 p.m.

June 29 – August 17

8 weeks

\$55 Residents

\$60 Non-Residents

AS105 Level V

Stroke Refinement

If you can swim at least one length of the lap pool, and you are ready to learn the breast stroke and the side stroke, then this level is for you.

Thursday, 7:30-8:15 p.m.

June 29 – August 17

8 weeks

\$55 Residents

\$60 Non-Residents

“You’d be amazed at what just 30 minutes a day three times a week does for your health.”

Michael Korb

Aqua Aerobics

AQ101 Choreographed Routines

Monday and Wednesday

5:30-6:45 p.m.

June 26 – August 16

15 Sessions

\$60 Residents

\$70 Non-Residents

No class July 3

AQ102 Choreographed Routines

Monday and Wednesday

6:45-8:00 p.m.

June 26 – August 16

15 Sessions

\$60 Residents

\$70 Non-Residents

No class July 3

Why Aquatic Exercise?

Whether you are new to exercise, or maximally fit, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints. Classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective! Use of buoyant equipment increases cardio-respiratory fitness, as well as muscular strength, toning, and flexibility.

Classes are conducted in either a 4-foot deep pool (about chest deep or less) and/or the deep pool, using flotation belts. Aqua shoes are required. Dumbbells, flotation belts, and steps are provided. If you have not considered aquatic exercise please give us a try.

Lifeguards are present during the class

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation.

Senior Programs



Senior Adult Program

These classes are available to students ages 55 and over. Mail registrations begin on May 1 and ends May 19. Please follow your registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics. Please note that registration is by mail only. Registration is based on first come, first serve basis.

Note: Registrations postmarked after May 19 will be returned. If you are registering for Aqua Aerobics, please follow the schedule and prices as they appear in the book or your registration will be returned as incorrect. Registrations that do not include a check for the full amount for eight or sixteen sessions will not be accepted. Although you may miss a class it still must be paid for. there

are no make-ups for classes you miss. The enrollment has been increased to cover dropouts as well as absenteeism. Please come to classes only on the day(s) you have registered for. Thank you for your cooperation in this matter. Walk-in registration will be available at the War Memorial on the first day of class, so please call in advance and check to see if space is available. This will make it easier for those of you who miss mail registration.

Please do not pay the instructor. The maximum number that will be registered for Aqua Aerobics is eighteen per day. If you have any questions concerning any of this information, please call Donna Cameron at (617) 349-6237. If you do not reach me, please leave a message on my voice mail.

Class Schedule

Tuesday	Thursday
July 4 (no class)	July 6
July 11	July 13
July 18	July 20
July 25	July 27
August 1	August 3
August 8	August 10
August 15	August 17

Aqua Aerobics Schedule

AQ103 Tuesday & Thursday
3:00-4:00 p.m.
AQ104 Tuesday
3:00-4:00 p.m.
AQ105 Thursday
3:00-4:00 p.m.

\$30.00 once a week
\$45.00 twice a week

Pool Schedule

Registration Begins
May 1

Important dates to remember

Pool closed, July 3 and 4

Pool closed weekends,
June 26-September 10

Pool re-opens September 11



Monday	Tuesday	Wednesday	Thursday	Friday
12:45-2:15pm Children's Open and Family Swim	12:45-2:15pm Children's Open and Family Swim	12:45-2:15pm Children's Open and Family Swim	12:45-2:15pm Children's Open and Family Swim	12:45-2:15pm Children's Open and Family Swim
2:30-5:00pm Children's lessons	2:30-5:00pm Children's lessons	2:30-5:00pm Children's lessons	2:30-5:00pm Children's lessons	2:30-5:00pm Children's lessons
	3:00-4:00pm Senior Aqua		3:00-4:00pm Senior Aqua	
5:30-9:00pm Adult lap swim	5:30-9:00pm Adult lap swim	5:30-9:00pm Adult lap swim	5:30-9:00pm Adult lap swim	5:30-9:00pm Adult lap swim
5:30-8:00pm Aquatic Exercises small pool & diving tank		5:30-8:00pm Aquatic Exercises small pool & diving tank		
	5:30-8:30pm Family swim			5:30-8:30pm Family swim
			5:45-8:15pm adult lessons	
			6:30-8:30pm Family swim	
7:15-8:30pm Family swim		7:15-8:30pm Family swim		

Adult Swimming

“Cambridge recreation is by far the best
fitness value in town.”

Jan Van Der Horn

Registration Begins

May 1

	Cambridge Resident	Non Resident
Per swim child*	1.00	1.25
Per swim adult	3.25	3.75
Per swim senior**	1.50	1.75
Per swim couple***	4.75	5.75
Per swim family	5.00	6.00
10 swim adult	25.00	30.00
10 swim senior	10.00	13.00
10 swim couple	40.00	45.00
10 swim family	45.00	50.00
30 day pass adult	40.00	45.00
30 day pass senior	25.00	30.00
30 day pass couple	65.00	80.00
30 day pass family	70.00	85.00
24 week adult	110.00	135.00
24 week senior	40.00	60.00
24 week couple	130.00	155.00
24 week family	135.00	160.00
48 week child	35.00	55.00
48 week adult	140.00	180.00
48 week senior	60.00	85.00
48 week couple	180.00	255.00
48 week family	185.00	265.00

*Children's fee-from birth to 17 years.

**Senior citizen rates are for those 60 years and above. proof of age must be shown when ticket or passes are purchased.

***A couple constitutes two people living at the same address. Proof must beshown by both people.



Children's Tennis

All Classes Meet for 8 Weeks
\$55 Resident/\$60 Non-Resident

CT105 Children's

Beginner Tennis
Ages: 7-14 years
This class is for students with absolutely no experience.
Wednesday 6:00-6:45 p.m.
June 28-August 16

CT106 Children's

Advanced Beginner Tennis
Ages: 7-14
Students who have taken some lessons, can keep score and know the rules of the game.
Wednesday, 6:45-7:30 p.m.
June 28-August 16

CT108 Children's

Intermediate/Advanced Tennis
Ages: 7-14 years
Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying, playing games and working on strategy.
Thursday, 6:00-6:45 p.m.
June 29-August 17

"In just one season my serve went from out to outstanding."

Jasper Grootveld

Adult Tennis

AT101 Beginner Tennis

This class is for students with absolutely no experience.
Wednesday, 7:30-8:30 p.m.
June 28-August 16
8 weeks
\$60 Residents
\$70 Non-Residents.

AT102 Advanced-Beginner Tennis

Students who have taken some lessons, can keep score and know the rules of the game.
Thursday, 6:45-7:45 p.m.
June 29-August 17
8 weeks
\$60 Residents
\$70 Non-Residents

AT103 Intermediate Tennis/Advanced

Students in this class have taken several classes or have progressed beyond forehand and backhand and are ready for serving and volleying.
Thursday, 7:45-8:45 p.m.
June 29-August 17
8 weeks
\$60 Residents
\$70 Non-Residents



Weight and Cardio Room

Weight Room & Cardio Room Fees

Per visit student \$1.00 (High School)

	Cambridge Resident	Non Resident
Per visit adult	3.25	3.75
Per visit couple	5.50	6.25
Per visit senior	1.25	1.50
10 visit adult	25.00	30.00
10 visit couple	45.00	55.00
10 visit senior	10.00	12.50
30 day adult	40.00	55.00
30 day couple	55.00	70.00
30 day senior	20.00	40.00
24 week adult	90.00	100.00
24 week couple	140.00	160.00
24 week senior	30.00	50.00
48 week student	25.00	25.00
48 week adult	125.00	145.00
48 week couple	170.00	190.00
48 week senior	45.00	65.00

Combination Weight Room, Cardio Room and Pool Fees

	Cambridge Resident	Non Resident
Per visit adult	4.25	5.25
Per visit couple	6.75	8.75
Per visit senior	2.00	2.50
10 visit adult	40.00	50.00
10 visit couple	62.50	82.50
10 visit senior	12.50	15.00
30 day adult	55.00	65.00
30 day couple	75.00	90.00
30 day senior	35.00	45.00
24 week adult	120.00	145.00
24 week couple	180.00	230.00
24 week senior	50.00	60.00
48 week adult	175.00	190.00
48 week couple	220.00	280.00
48 week senior	80.00	90.00

“I joined for a quick work-out and now I’m addicted.”

Rodney Austerbleft

“I just love a barbell boy.”

Patricia Austerbleft

Weight Room & Cardio Room Summer Hours
Begin June 26 Monday-Friday 6pm to 9pm



Registration Begins

May 1



How to Have a Happy Birthday

Throw your party at the War Memorial Pool

But hurry, space is limited and arrangements must be made in advance. Dates must fall on a Friday, Saturday or Sunday. Only one party per day please.

The fee is \$1.50 per person and is payable upon arrival. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather.

Pool-only parties are available on Fridays from Decemb- March 5. There is no classroom available.

Since the classroom used for the birthday parties is now on the second floor, it is necessary for the children to be dressed and finished with their pool activities before going to the second floor classroom.)

For more information please call **617 349-6237**

Recreation Department Rules

1) All patrons are required to sign-in at the Desk before proceeding to classes or activities. If you fail to do so you will be sent back immediately. Please be prepared to show your pass.

2) Please use the Main Cambridge Street entrance to enter and leave the facility. All other doors are emergency exits only and if they are opened, it is impossible to control who enters the facility.

3) Please do not bring valuables to the facility as the City of Cambridge can not accept responsibility for patron's possessions, so please do not ask to leave valuables in the Office or at the Front Desk. It is also important that you bring a lock for your locker each time you use the facility.

4) If your class is cancelled due to the weather or teacher absence it will be made up. Every effort will be made to hold the make-up on your regular class meeting day and to give you as much notice as possible

5) All patrons of the War Memorial are expected to follow the rules when using the facility. Inappropriate behavior or offensive language will not be tolerated and will result in the suspension of facility privileges. Please remember you are a guest at the War Memorial.

6) The Recreation Division reserves the right to make changes in the schedule by either adding or deleting programs. This will be done to meet new program needs and at the discretion of the Recreation Activities Manager.

7) If the Cambridge Public Schools are closed due to inclement weather, all War Memorial Programs are cancelled. If a storm begins during the day or affects weekend programs, cancellations will be on WRKO Radio and channel 7 Storm Force. There will also be a message on 349-6279 and 349-6237.

8) The City of Cambridge, Recreation Division, does not discriminate on the

basis of disability. The War Memorial will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request.

9) No one is allowed to use the War Memorial facility to teach private lessons and earn money doing so. All instruction provided here is through the Recreation Department

Children:

1) No males over the age of 5 are allowed into the women's locker room, and likewise, females over the age of 5 are not allowed in the men's locker room.

2) Children under 12 will not be admitted into family swim if not accompanied by an adult. Children 13 and older will be allowed in without a parent. Failure to behave will require that a parent be there for future visits.

3) Adult lap swim is for adults 18 and older. Children can only use the lap pool for lap swimming during family swim hours.

4) Children 8 and under must be accompanied in the pool by an adult unless the child is a competent swimmer. This will be evaluated by the pool staff.

5) Children not toilet trained must wear a swim diaper.

6) Please do not leave children in strollers unattended.

7) The only floatation devices allowed in the pool are US Coast Guard approved life jackets in aiding your child to swim. If your child wears a life jacket you must accompany them in the pool. Bubbles, water wings/swimmies, and water tubes are not allowed.

To Our Pool Patrons:

All participants would like to benefit equally from using the pool for workouts. For this to occur in a productive way, all patrons need to behave in a considerate and cooperative manner towards each other. To help facilitate this as well as create a safe and more pleasant environment, some simple rules and premises are being established.

1) Speed of a lane is based on the fastest swimmer as well as the decision of management staff. If you are being lapped, you will be asked to move to a slower lane.

2) Kickboards and pull buoys may be used in any lane as long as you can keep up with the speed of the lane. Otherwise, you will be asked to move into a slower lane.

3) Circle swimming only, lanes may not be split. Swimmers should swim counter-clockwise regardless of how many people are in a lane.

4) Pool entry should be by pool ladders or by sliding in. Please do not jump or dive off ends as the pool is too shallow, and you may injure yourself as well as an on-coming swimmer.

5) Lifeguards and managers have the final say, and may revoke your swimming privileges if you fail to follow their directions.

6) If you are unsure of which lane is appropriate for you, please ask a guard for help.

7) If a guard requests that you switch lanes, please do not respond that you "have been swimming in that lane for years;" that is not relevant. The swimmer's speed is the measure of who belongs in a lane, and that varies on every visit.

8) Recreation patrons are not allowed off the diving blocks.

Thank you for your cooperation.

War Memorial Rules

The following rules and regulation are required for the safety of all participants at the War Memorial Facility

Pool Rules:

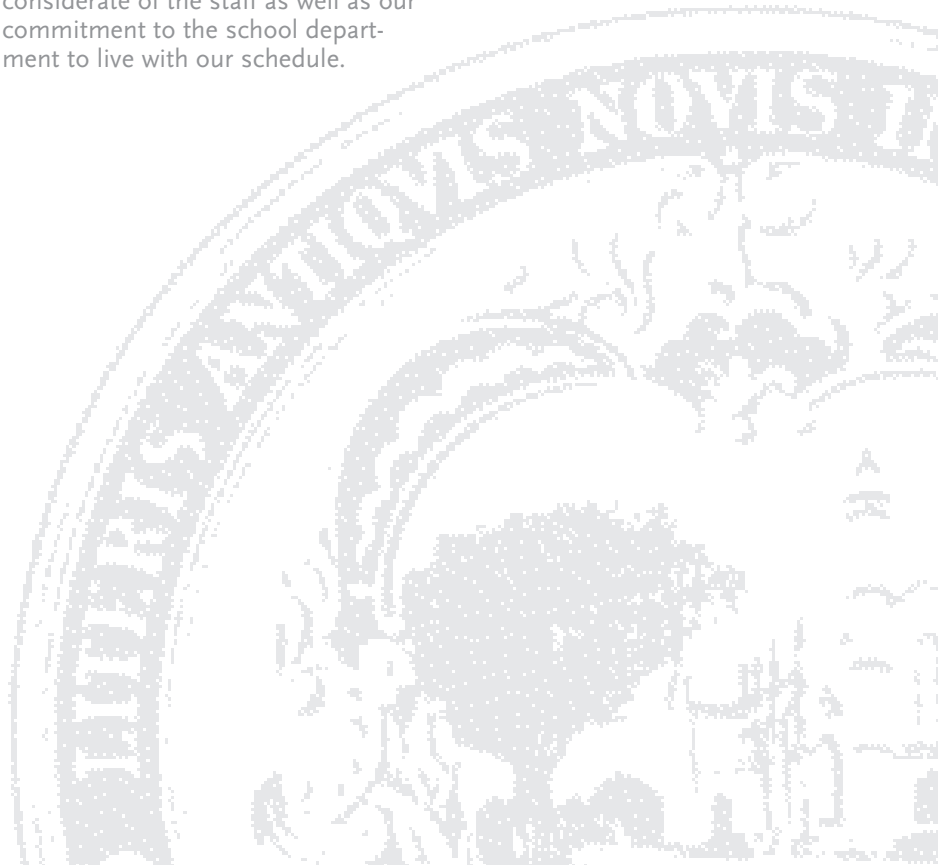
- 1) Patrons are not to enter the pool area if a lifeguard is not present.
- 2) Running, pushing, or rough play is not allowed.
- 3) Lanes may be pulled for programs at the discretion of the Recreation Division.
- 4) Please stay off lane lines.
- 5) Do not engage guards in unnecessary conversation while they are on duty.
- 6) Patrons are requested to observe all the rules and follow the instructions of the staff on duty.

Diving Rules:

- 1) Diving is only permitted in the diving pool.
- 2) **All children will be tested.** A child must swim 25 yards nonstop using only breaststroke or front crawl. This must be done to the satisfaction of the guard on duty.
- 3) All divers must surface immediately after their dive and swim over to the far ladder.
- 4) Only one person at a time on the diving board.
- 5) No one may catch another swimmer who is going off the diving board, regardless of age.
- 6) The diving tank is not for lap swimming.
- 7) The diving tank is not available at all times, so please check with the desk staff before purchasing a ticket.

Pool Etiquette:

- 1) All patrons are to shower before entering the pool per order of the Health Department.
- 2) Patrons are required to return all equipment to its proper location.
- 3) Lanes are marked for speed; therefore, patrons are to choose the lane appropriate for their ability, fast lanes are for high performance swimmers. Patrons requested by staff to change lanes need to do so immediately.
- 4) No glass containers are to be brought into the locker rooms or pool area.
- 5) All patrons need to leave the pool and locker room on time: Please be considerate of the staff as well as our commitment to the school department to live with our schedule.



The War Memorial

Where is the War Memorial

The War Memorial is part of Cambridge Rindge and Latin High School. It is located at 1640 Cambridge

What Will I Find There?

There are three swimming pools. The lap pool is six lanes and 25 yards long. The water temperature is 80 degrees. Diving tank - one diving board, 12 feet deep. Round instructional pool is 84 degrees, Three-and-a-half feet deep. Life guards are always present.

Field House

4 Volleyball Courts
3 Indoor and 3 Outdoor Tennis Courts
2 Basketball Courts

Upstairs Gym

Full Regulation Basketball Court and Several Side Courts
Wood Floor

Weight Room

Nautilus Machines Designed for Women
Many Free Weights

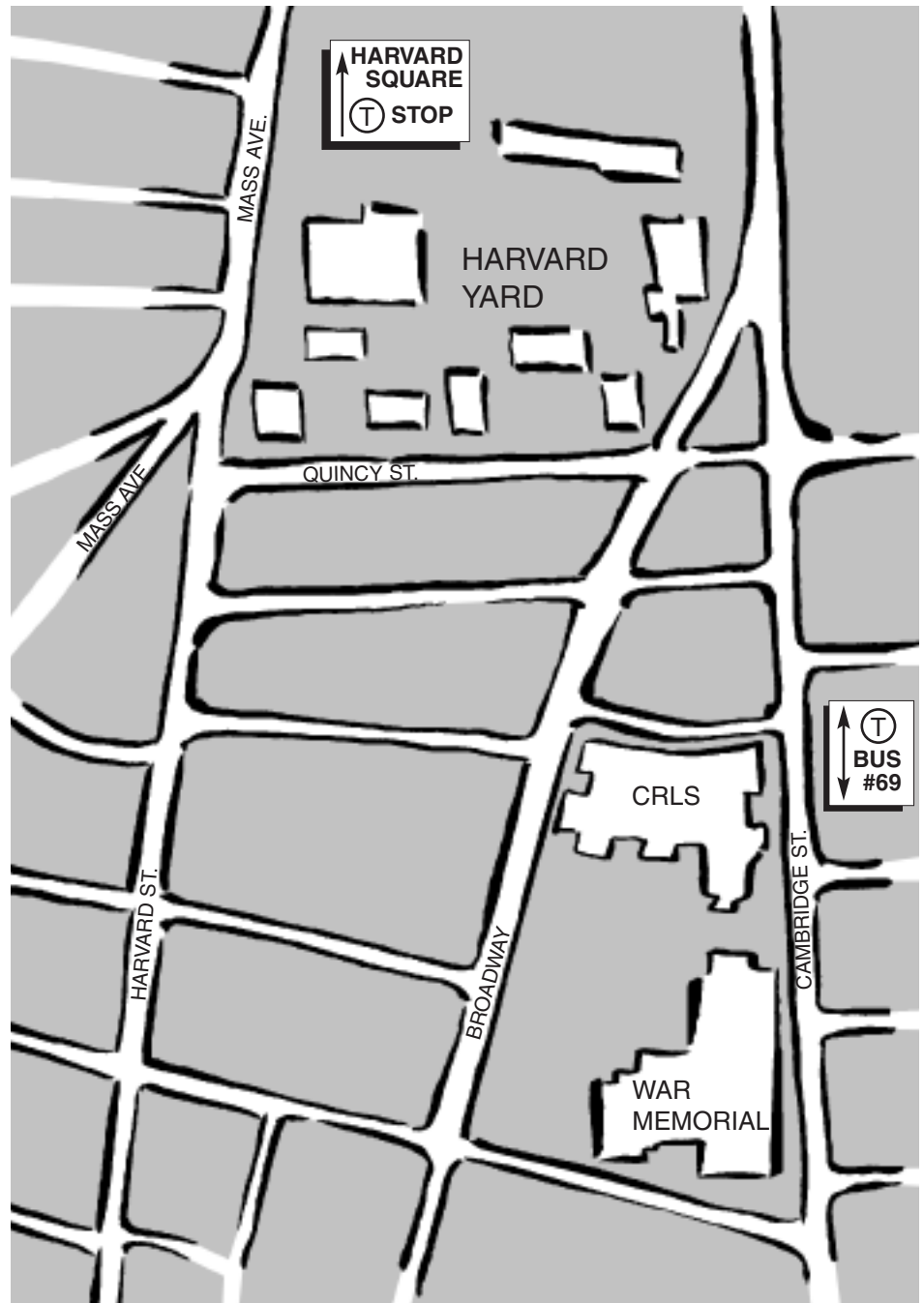
Cardio Room

Treadmill, incumbent bikes, upright bikes, elliptical bikes, stair machines.

How Can I Get There?

You can reach the facility by the T – the 69 bus stops almost in front of the door. You can take the Red line to Harvard and walk, which takes about 10-15 minutes. You can drive, but street parking is limited. There are meters on both side of the street. However, if you have a resident sticker, you can use off street parking.

Locker Rooms and Bathrooms are available



Scholarship Request

Cambridge Recreation Program **Scholarship Request Form**

All information is kept strictly confidential

Child's Name _____

Mother's Name _____

Father's Name _____

Please List all others living in the home: _____

Scholarships are available to Cambridge Residents who meet one of the following guidelines:

- ☐ Recipients of Transitional Assistance
- ☐ Medicare Recipients
- ☐ S.S.I. Recipients
- ☐ WIC Recipients
- ☐ Fuel Assistance Recipients
- ☐ Unemployment

Please include documentation that you receive one or more of the above.

All documentation concerning family income must be included.

To the best of my knowledge, the above information is correct.

Signature _____

Date _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2006 and May 1, 2007. **Mail in your registration form, scholarship request form, and a copy of your 2005 tax return.**

Please do not send a check at this time. If you receive a scholarship you will be billed when your confirmation is mailed and at that time you will be required to send a check to the Recreation Department.

Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration.

Scholarship applications may only be made during mail registration.

Mail to: Donna Cameron • Summer 2006 Registration • 51 Inman Street • Cambridge, MA 02139



Registration

How to register

By mail

All registrations are to be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Donna Cameron

Summer 2006 Registration

51 Inman Street

Cambridge, MA 02139

All registrations are on a first come, first serve basis.

Mail registration begins May 1 and ends May 19. All mail must be post marked by May 19 or it will be returned.

Please make check payable to:
The City of Cambridge

How to register

Walk-in, registration begins Wednesday May 24, 5:30pm-8:30pm at the War Memorial and will continue until June 26.

Registration for all children's swim classes is on-going through the summer.

Registration Begins

May 1

Please register early to
avoid disappointment

Registration Form 2006 (please print)



Received



Confirmed

Participant

last name first name sex ☐ male ☐ female

address

town/city

zip code

home phone

work phone

emergency contact

emergency phone

D.O.B.

parents name

Check all that apply

- ☐ Cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code title day time

fee

second choice

participant signature (parent/guardian signature if participant is under 18 years of age) date

Registration Form 2006 (please print)



Received



Confirmed

Participant

last name first name sex ☐ male ☐ female

address

town/city

zip code

home phone

work phone

emergency contact

emergency phone

D.O.B.

parents name

Check all that apply

- ☐ Cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code title day time

fee

second choice

participant signature (parent/guardian signature if participant is under 18 years of age) date



Registration

Additional Information

Preference is given to Cambridge residents. Non-resident mail will be date-stamped and placement in a class will be made at the end of the two weeks of registration if space is available.

Confirmations will be mailed on May 22.

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It will make your registration smoother. If you have changed your address since the last time you registered, please let us know.

Please write one check for every class you register. If a class is full, refunding you will be faster.

Please make checks payable to:
The City of Cambridge

Refund policy

The policy is on the front inside cover.
Please read it.

Please register early to
avoid disappointment

Registration Form 2006 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ Cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code title day time
fee
second choice
participant signature (parent/guardian signature if participant is under 18 years of age) date

Registration Form 2006 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ Cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code title day time
fee
second choice
participant signature (parent/guardian signature if participant is under 18 years of age) date



City of Cambridge
Department of
Human Services
Programs
Recreation Division
51 Inman Street
Cambridge, MA 02139



City Council

Kenneth E. Reeves
Mayor

Timothy J. Toomey, Jr.
Vice Mayor

Henrietta Davis
Maïoré C. Decker
Anthony D. Galluccio
Craig A. Kelley
Brian Murphy
E. Denise Simmons
Michael A. Sullivan

Robert W. Healy
City Manager

Richard C. Rossi
Deputy City Manager

Ellen Semonoff
Assistant City Manager
for Human Services

Postmaster Please Note: Material is date sensitive. Must be delivered before May 17, 2006